

MIX IT UP

MIX IT UP ON YOUR BREAK

There are plenty of new healthy choices to choose from. So when you're at the vending machine pick out a **yellow** or **green** item. And make your snack break a healthy one.



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MIX IT UP

YOU'LL SEE RED WHEN YOU ADD ON THE POUNDS

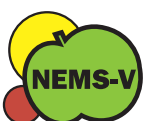
Sometimes you just need chocolate.
But if you eat it every day, the calories can
really add up. That's why you should mix up
your snacks by choosing a **yellow** or **green**
item. Mix it up to live a healthier life.



MIX IT UP

IT TAKES AN HOUR OF RUNNING TO BURN OFF ONE POP

That's a lot of work for just one can. Think about it. It has single-handedly ruined your morning workout. Don't waste your hard work. Pick a **yellow** or **green** item. These low-calorie options are healthier for you so mix it up.



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